

Bells Bash Running Programs

8 km - Advanced Program

The Bells Bash is a tough course, it has lots of hills and places where you need to be able to put on a spurt to pass the next runner so this program is designed to work on those skills. It should be challenging if you are a 4-5 time a week runner averaging between 30-40kms but have never done interval training. It could be adjusted for less experienced runners by replacing the tempo run with an easy jog and reducing the repetitions for each of the interval sessions.

You should warm up before each session and cool down with some easy jogging as well as lots of stretching before and after the session.

A good standard warm up is:

- 5 mins jogging
- 5-10 mins stretching
- 2 mins steady running
- 5 mins stretching and leg swings
- 3-4 sprints (of about 70-80m)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	25mins easy	Intervals: 3 x 5mins hard, walk/jog 5mins between each	Rest day, mix it up with a bit of swimming or cycling today, stay active but no running	Intervals: Hills/Stairs 4 sets with 3 mins rest between each (after walking back to the start) aim for each effort to last about 1:30-2mins of hard running	Rest day, take it easy, a big weekend of running coming up	Tempo run, 5-10mins jog, 15mins steady (just faster than talking pace) 5 - 10mins cool down	Long Run 40-50mins
Week 2	25mins easy	Intervals: 4 x 1000 m efforts hard, rest for 3-4 mins between each	Rest day, mix it up with a bit of swimming or cycling today, stay active but no running	Intervals: Fartlek, run for 40mins, vary your intervals and rest, pick an object in the distance and sprint to it then jog to another then sprint	Rest, do some Yoga or Pilates, it is good for the muscles and good for the soul	Tempo run, 5-10mins jog, 20 mins steady (just faster than talking pace) 5 - 10mins cool down	Long run 50-60mins

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 3	25 mins easy	Intervals: 3 x 7 mins hard, jog 3 mins between each	Rest day, mix it up with a bit of swimming or cycling today, stay active but no running	Intervals: Hills again, 2 sets of 3 efforts with 2 mins rest between each hill (after you've walked back down to the start) aim to run for 2 mins each effort and have 5-7 mins rest between sets	Rest day, check your shoes, are they wearing out? You should replace shoes very regularly about every three months if you run 50+ kms a week	Tempo run, 5-10 mins jog, 25 mins steady (just faster than talking pace) 5 - 10mins cool down	Long Run 50-60mins
Week 4	25 mins easy	Intervals: 4 x 1500m efforts with 3 mins rest between each effort	Rest day, mix it up with a bit of swimming or cycling today, stay active but no running	Intervals: 3 sets of 3 x 45-60 second hard running, rest for 2 mins between each set and have 4-6 mins rest between sets	Rest day, rest is as important as training so don't skip your rest day, get a massage to help your muscles recover from training, drink plenty of water	Tempo run, 5-10 mins jog, 20mins steady (just faster than talking pace) 5 - 10mins cool down	Long Run 40-50mins
Week 5 (Taper week)	15 mins easy	Intervals: 2 sets of 5 x 40 second sprints building from a jog to sprint, walk back to the start each time and have 5-7mins between each set	Rest day, mix it up with a bit of light swimming or cycling today, stay active but no running	Rest day, check your race kit, make sure your favorite running shorts and lucky socks are clean!	Race Day!! Look out for runners coming the other way on the way back from Bells	Danger 1000!	Kick up the heels and relax!